



# COULD IT BE GENETIC?

**You may have questions about birth defects or other problems in your child, other family members, or yourself.**

## **Anyone can have a birth defect or genetic disorder.**

**Genetic Evaluation and Genetic Counseling may be most helpful if:**

- An individual in your family has:
  - More than one birth defect
  - Developmental delay/mental retardation
  - Physical features that differ from the rest of the family
  - Growth problems
- Someone in your family has a known genetic disorder
- You are concerned that you or your child's problems might be related to alcohol or drugs used during pregnancy
- Certain health problems seem to "run" in your family

## **Genetic Consultation Services may help answer the following questions:**

- Why did this happen?
- What can we expect in the future?
- Is there a test to detect this?
- Will this happen again?
- Can this be detected in future pregnancies?
- Where can we go for help?

**The genetic doctor and genetic counselor will respect your feelings and beliefs.**

## **What should you expect at a genetic evaluation?**

- Before the visit you will be contacted to get medical and family history information, and to make an appointment for the genetic consultation.
- At the appointment, you or your child will be seen by a genetic counselor and/or a doctor. The doctor may examine you or your child.
- After the exam, the doctor and/or genetic counselor will discuss their findings with you and may suggest testing. They may tell you about other services available in your area and may suggest a follow-up visit.
- A review of what was discussed can be sent to you and your health provider at your request.

## Genetic evaluation and genetic counseling services are available to all who want them.

Each clinic sets its own fees, but can help you if you cannot afford the consultation. Anyone can call for more information or to make an appointment. To find the clinic nearest you call:

<b>Alaska</b>	907-269-3430
<b>Idaho</b>	208-334-2235 x261
<b>Oregon</b>	800-SAFE NET (800-723-3638)
<b>Washington</b>	253-395-6741

## Medical Genetics and Prenatal Diagnosis Clinics

A listing of genetics clinics in the Pacific Northwest staffed by board certified/eligible genetics professionals is available on the PacNoRGG website:

<http://mchneighborhood.ichp.edu/pacnorgg/geneticscenters.htm>

This project was partially funded by project MCJ-421001-14 of the Maternal and Child Health Bureau, Department of Health and Human Services.

The PacNoRGG project is located at the Child Development and Rehabilitation Center (CDRC), part of Oregon Health and Science University (OHSU).

Available on the Pacific Northwest Genetics Group (PacNoRGG) web site: <http://mchneighborhood.ichp.edu/pacnorgg>

Design & Production: Northwest Media Inc.





**Dear Colleague,**

The Washington State Department of Health (DOH) is pleased to provide camera-ready art for printing this educational material. To ensure that the original quality of the piece is maintained, please read and follow the instructions below and the specifications included for professional printing.

- **Use the latest version.** DOH materials are developed using the most current information available, are checked for clinical accuracy, and are field tested with the intended audience to ensure they are clear and readable. DOH programs make periodic revisions to educational materials, so please check this web site to be sure you have the latest version. DOH assumes no responsibility for the use of this material or for any errors or omissions.
- **Do not alter.** We are providing this artwork with the understanding that it will be printed without alterations and copies will be free to the public. Do not edit the text or use illustrations or photographs for other purposes without first contacting us. Please do not alter or remove the DOH logo, publication number or revision date. If you want to use a part of this publication for other purposes, contact the Office of Health Promotion first.
- **For quality reproduction:** Low resolution PDF files are intended for black and white or color desktop printers. They work best if you are making only one or two copies. High resolution PDF files are intended for reproducing large quantities and are set up for use by professional offset print shops. The high resolution files also include detailed printing specifications. Please match them as closely as possible and insist on the best possible quality for all reproductions.

If you have questions, contact:  
Office of Health Promotion  
P.O. Box 47833 Olympia, WA 98504-7833  
(360) 236-3736

**Sincerely,**  
**Health Education Resource Exchange Web Team**